

BENCHMARK ENERGY CORP. REPORTS RECOMMENCEMENT OF FIELD ACTIVITIES IN COLOMBIA

Calgary, Alberta, Canada, April 1, 2008

Benchmark Energy Corp. ("Benchmark" or the "Company" - TSX Venture: BEE) reports that it has re-commenced drilling operations in Colombia with respect to the Company's pilot project with Ecopetrol S.A. utilizing its proprietary well-performance enhancement technology. Operations were temporarily suspended as announced in the Company's March 5, 2008, press release due to security concerns in the region. The 4th well of the pilot project is about to commence on Ecopetrol's Petrolea Field in the Catatumbo Basin in northeastern Colombia.

Benchmark is a junior Canadian oil and gas exploration Company, focused internationally.

For further information, please contact:

Benchmark Energy Corp.

David R. Robinson

President

Phone: (403) 802-0770

Fax: (403) 266-5732

E-Mail: drr@benchmarkenergy.com

This news release shall not constitute an offer to sell or the solicitation of any offer to buy the securities in any jurisdiction.

This news release is not for dissemination in the United States or to any United States news services.

Certain information regarding Benchmark contained herein may constitute forward-looking statements within the meaning of applicable securities laws. Forward-looking statements may include estimates, plans, anticipations, expectations, opinions, forecasts, projections, guidance or other similar statements that are not statements of fact. Although Benchmark believes that the expectations reflected in such forward-looking statements are reasonable, it can give no assurance that such expectations will prove to be correct. These statements are subject to certain risks and uncertainties and may be based on assumptions that could cause actual results to differ materially from those anticipated or implied in the forward-looking statements. Benchmark's forward-looking statements are expressly qualified in their entirety by this cautionary statement.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.